

# Easter Recipes that please!

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## The

## Season

these easy-going modern severe abstinence of the middle ages is quite unknown even in Lent, few people dream of the self-denial which fasting meant in old times. Then, during the whole forty days of the great Easter fast, devout folks abstained not only from meat, but also from butter, cheese, milk and eggs, and, of course, from lard or dripping. It was only on Sundays that any of these things were tasted, and up to fifty years ago, many of the Roman Catholic peasantry in other countries would not touch an egg from Shrove Tuesday till Easter Day. Then they made up for their abstinence by eating the largest possible number of eggs, these having been carefully hoarded up all through Lent. This custom has died out, and the fast is now much less rigorous than of yore. It is only on the "black fasts," Ash Wednesday and Good Friday, that eggs are forbidden, as well as milk, butter and cheese.

Lent is now with us and people are beginning to find out that the Church had hygienic as well as religious motives for occasionally proclaiming fasts. In the good old days that was the only sure way of keeping a check upon bodily grossness. Nowadays, we have learned how excellent a thing it is to observe moderation in eating and drinking and the season of Lent is coming to be more generally observed, as a kind of Spring cleaning time for the digestive organs. Lent is the time, too, when a hostess may gather her congenial friends about her for informal luncheons and dinners, offering them comparatively simple, though none the less tempting delicacies. For every-day fare, too, the housekeepers and cooks welcome suggestions, for 'tis not an easy matter to cater to whimsical appetites, especially when the menus must be planned along economical lines.

**Simmel Cake.**

Pride of place in Easter recipes should be given to the old-fashioned Simmel Cake. We have had a number of requests from readers for this recipe—and have pleasure in printing it. There are many variations of the Simmel Cake. The real old original species of Simmel Cake was first boiled and then baked, and the boast of its makers was that it could be kicked about like a football without breaking! Personally we think the Simmel Cake overrated. It is loved by time and tradition. It made its appearance as long ago as 1648 in Herefordshire. The name comes from the Latin word *similis*, meaning flour. Well, here it is. 1 lb. flour, 2 ozs. mixed peel,  $\frac{1}{2}$  lb. good-sized eggs,  $\frac{1}{2}$  lb. castor sugar,

4 ozs. ground almonds,  $\frac{1}{2}$  lb. currants, 1 lb. butter to a cream, add sugar beaten in eggs gradually, and work well together; add flour sifted, beat thoroughly then add remaining ingredients. Line a tin with greased paper, pour in mixture, and bake in gentle oven for two to three hours. When cooked, make some almond paste. Put a layer on top of cake. Form remainder into round balls. Brush the cake over with white of egg and dust with castor sugar. Set in a cool oven till balls are lightly browned, and decorate with crystallised fruits.

**Huckleberry Muffins.**

Four tablespoonsful butter,  $\frac{1}{2}$  teaspoonful salt, 2 cupsful flour, 4 teaspoonsful baking powder, 1 egg,  $\frac{1}{2}$  cupful small, firm fruit, 4 tablespoonsful sugar,  $\frac{1}{2}$  to 1 cupful milk.

Blend butter, sugar and egg together in one operation. Mix and sift  $1\frac{1}{2}$  cupsful flour, baking powder and salt, and add alternately with the milk and sugar mixture. Mix lightly. Add to the mixture the batter. Dredge berries with  $\frac{1}{2}$  cupful flour and stir in gently. Bake in greased muffin tins in hot oven 25 to 30 minutes.

**Cereal Fruit Muffins.**

One cupful cold cooked cereal,  $1\frac{1}{2}$  cupsful flour, 2 teaspoonsful baking powder,  $\frac{1}{2}$  teaspoonful salt,  $1\frac{1}{2}$  tablespoonsful butter, 1 tablespoonful sugar, 2 eggs,  $\frac{1}{2}$  cupful milk,  $\frac{1}{2}$  cupful dates or figs.

When the flour, salt and baking powder have been sifted together, rub the butter in lightly with the tips of the fingers; add the fruit, floured and coarsely chopped; then the cereal and sugar. Mix to a light dough with the well-beaten eggs and the milk. Have the dough quite a little stiffer than is usual for muffins, in view of the fact that it is partly composed of cooked cereal which has already absorbed all the moisture. As it is capable of taking up, and the muffin batter should be made as soft as possible. If dry flour is used, the muffins will be sticky when baked.

**Treacle Scones**

Half lb. flour, 2 teaspoonsful sugar, pinch of salt, small  $\frac{1}{2}$  teaspoonful baking powder, 1 tablespoonful golden syrup, small  $\frac{1}{2}$  teaspoonful cream of tartar,  $\frac{1}{2}$  teaspoonful mixed spice, 1 oz. butter, sour milk to mix.

Mix the dry ingredients together, then rub in the butter. Add the treacle and enough milk (buttermilk is excellent if it can be obtained) to make a stiffish dough. Turn out on a floured board, knead it very lightly, then roll out and cut into any shape liked. Flour a tin, put the scones on it and bake them in a steady oven for 15 to 20 minutes.



**Beetroot Mould.**

Allow 2 medium-sized cooked beetroots, 2 dessertspoonsful of powdered gelatine,  $\frac{1}{4}$  breakfastcupful of vinegar,  $\frac{1}{4}$  breakfastcupful of hot water, pepper, salt and sugar to taste. Wash, peel and slice one beetroot very finely.

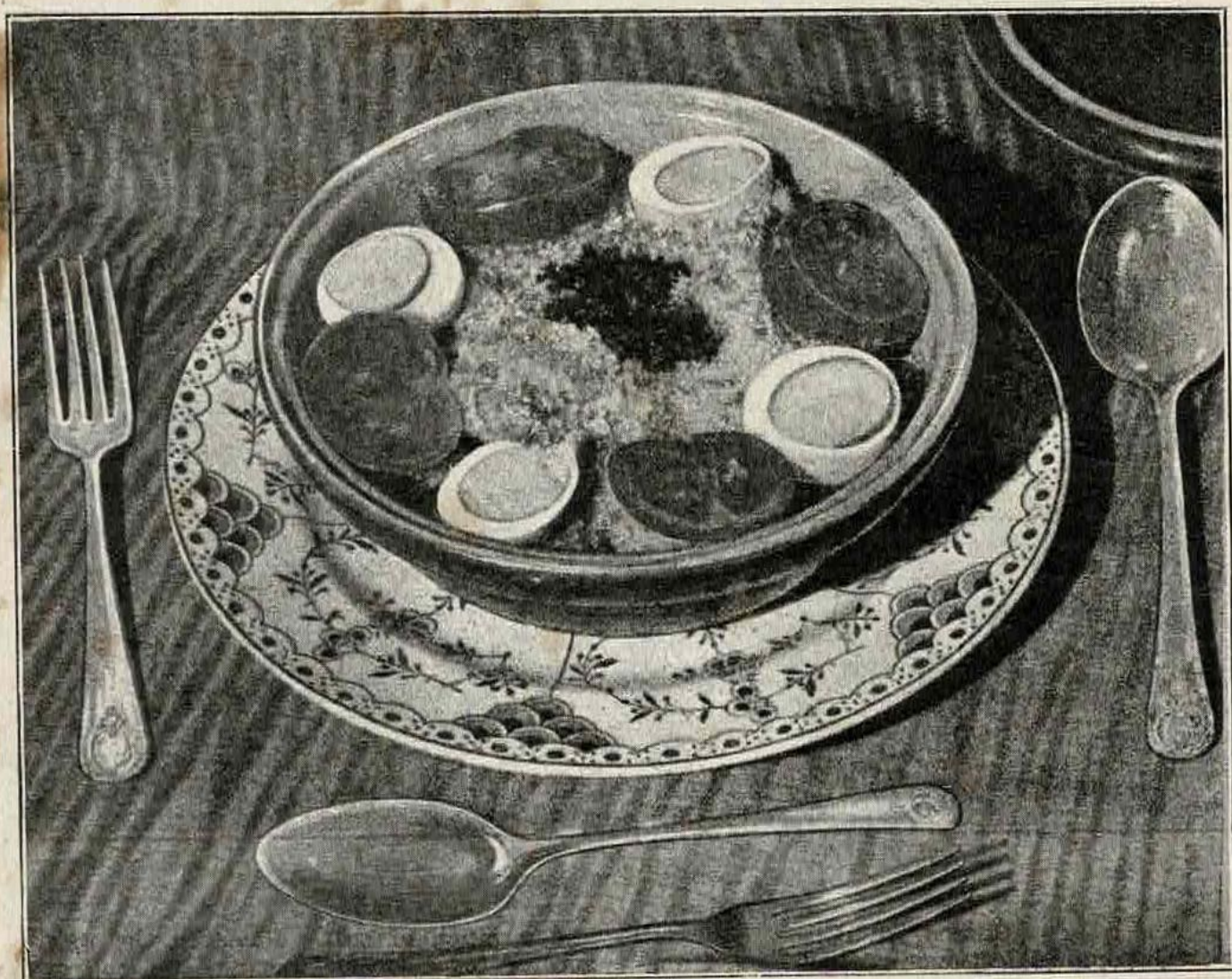
Dissolve gelatine in the hot water, and add sugar, salt and pepper, also vinegar. Rinse out mould with a little cold water, and run a little of the cool liquid over inside the mould to form a thin film. Then arrange the beetroot slices all round inside.

**Baked Salmon.**

Mix salmon with boiled egg noodles, thin white sauce, chopped parsley and cheese; heap in individual baking dishes or a big casserole and bake about 20 minutes in a moderate oven.

**Easter Pie.**

Well grease a dish and place in it alternate layers of sliced tomato, slices of hard-boiled egg, and grated cheese. Finish with a layer of cheese, place small dots of butter on top and decorate the outer edge as in illustration with halved eggs and tomatoes. Bake for 20 minutes in a hot oven.

*Easter Pie.*

When firm, fill centre mould with second beetroot and a small quantity of cheese cut into small cubes. When liquid has thickened slightly pour into mould. When set, loosen round top of mould with knife point and dip mould in hot water a moment only. Place dish (arranged with lettuce leaves) on top, and turn mould upside down.

Garnish with sliced tomatoes and shredded lettuce. Serve mayonnaise separately. Cheese grated liberally on top gives a very tasty finish.

**Olive and Cheese Canapes.**

Plain white bread, 1 small cream cheese, 1 oz. butter, salt and pepper, 4 olives, 2 red peppers.

Cut the bread into  $\frac{1}{4}$ -inch slices and stamp into rounds with a fluted cutter. Beat the cheese and butter together with the salt and pepper and, when smooth, spread fairly thickly over the bread. Stone and chop the olives and arrange in rings on the outer edges of the canapes. Garnish the centre of each with a piece of red pepper cut into a small diamond or round shape.



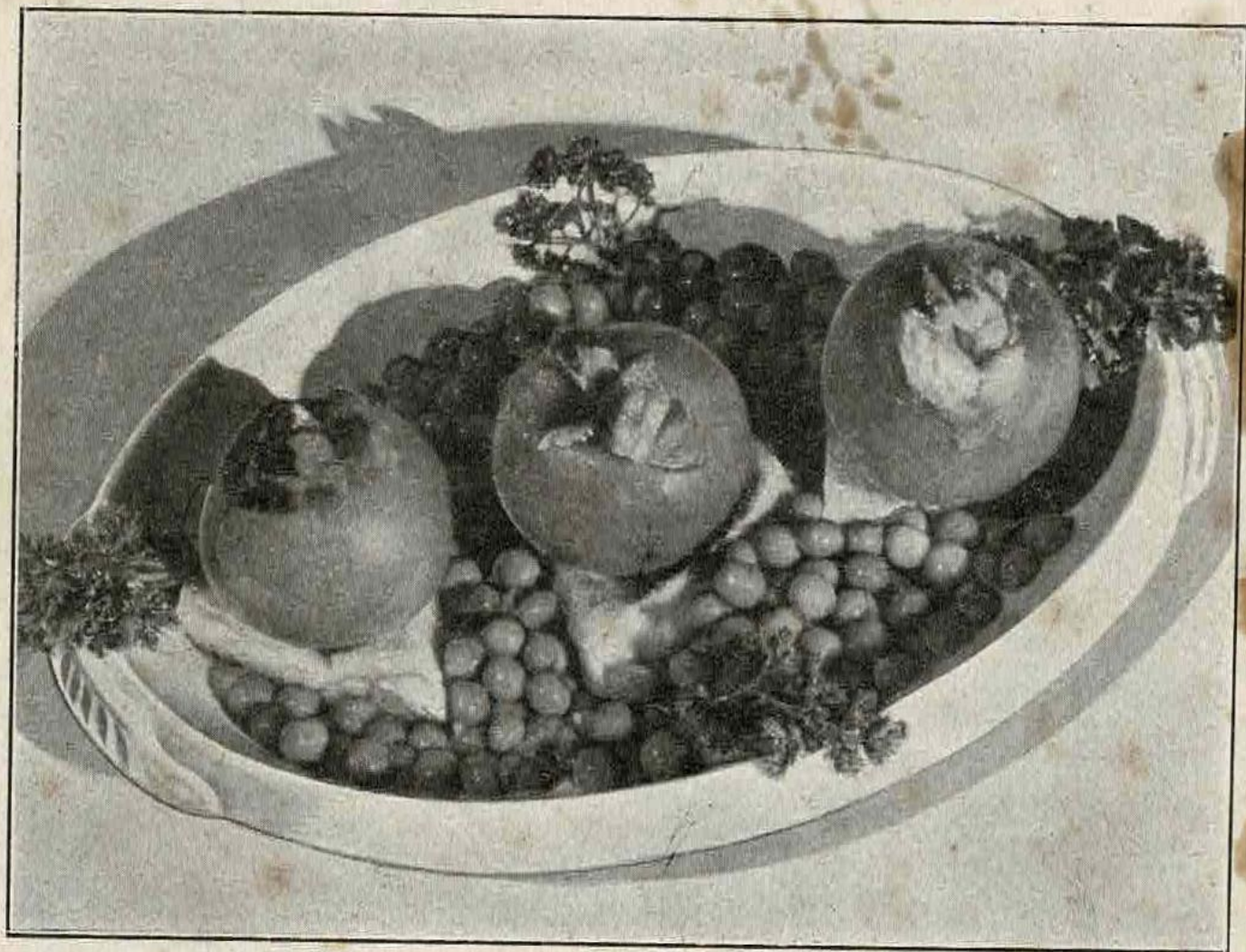
**Stuffed Tomatoes.**

Choose some large, firm tomatoes, scoop out the centres and mix with a beaten egg, a teacupful of breadcrumbs, and a teacupful of grated cheese. Add seasoning, and a dash of tabasco sauce, and pile back into the tomato cases. Place a dot of butter and some squares of cheese on top and bake in a moderate oven for about 10 to 15 minutes. Serve on toast with green peas as an accompaniment to a grill of fish or chops.

utes, or until ready to bake. Add parsley. Then fold in stiffly-beaten egg whites. Pour into baking dish containing ham. Bake in slow oven 45 minutes, or until silver knife inserted in centre comes out clean. This soufflé does not collapse if kept in a warm oven for a short time.

**Chilled Cheese Roll.**

Cream 1 cupful of butter and 2 cream cheeses together. Add 3 cupsful of flour

*Stuffed Tomatoes.***Cheese Puffit.**

One cupful left-over cooked ham, 1 teaspoonful minced onion, 2 tablespoonsful butter, 2 half-inch slices soft bread,  $\frac{1}{4}$  lb. cheese, 2 eggs (separated),  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{4}$  teaspoonful paprika,  $1\frac{1}{2}$  cupsful hot milk, 1 tablespoonful butter (additional), 1 tablespoonful minced parsley. Put ham and onion through grinder. Pan-fry gently 3 minutes with 2 tablespoonsful butter. Arrange in a layer in deep greased baking dish. Break bread (crust, too) into small pieces. Sliver cheese into small thin slices. Combine bread, cheese, beaten egg yolks and heated milk. Add additional tablespoonsful melted butter, salt and paprika. Let stand 20 min-

and a pinch of salt. Place in the refrigerator for 4 hours. Remove and roll out thin, sprinkle with chopped walnuts, and spread with grape jelly or strawberry jam; roll and bake in a hot oven. Cut in thick slices; top with whipped cream.

**Cheese Mornay.**

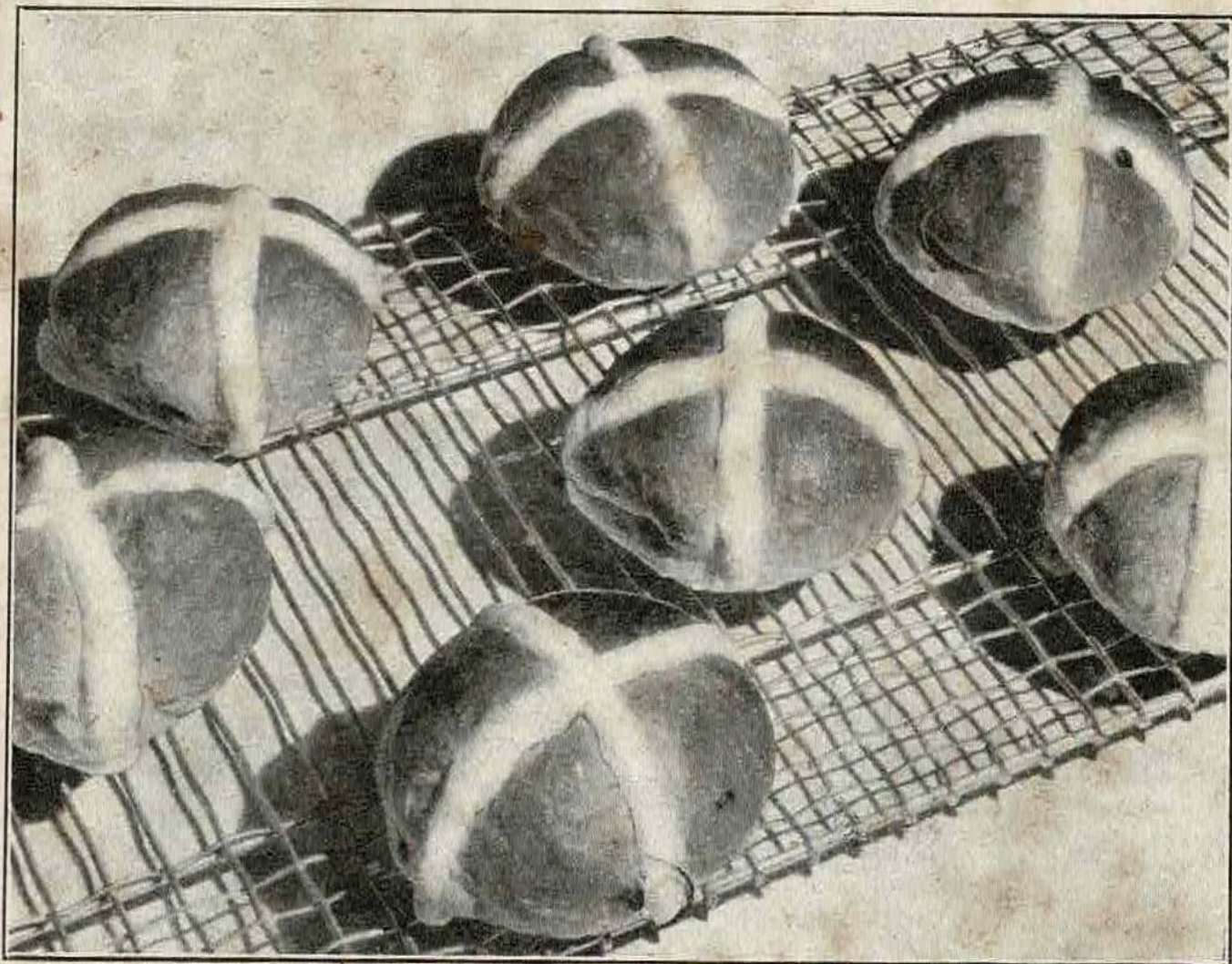
One lb. dry pumpkin, 1 tablespoonful butter, 1 small minced onion,  $1\frac{1}{2}$  cups white sauce, 2 ozs. shredded cheese. Boil pumpkin and mash. Add butter, pepper and salt. Add onion. Place in greased pie-dish. Pour over white sauce and sprinkle thickly with shredded cheese. Bake in moderate oven till browned.



### Hot Cross Buns.

Two lbs. flour,  $\frac{1}{2}$  lb. sugar, 1 oz. yeast, 1 pint warm milk,  $\frac{1}{2}$  lb. butter, 1 lb. currants,  $\frac{1}{2}$  teaspoonful salt, 1 teaspoonful mixed spice. Mix the flour, sugar, spice and currants; make a hole in the middle of the flour, put in the yeast and  $\frac{1}{2}$  pint of warmed milk; make a thin batter of the surrounding flour and milk, and set the pan covered before the fire or heat until the leaven begins to ferment. Put to the mass  $\frac{1}{2}$  lb. of melted butter, add the salt, and beat well together. Make up into rather a soft paste with all the flour, using a little more warm milk if necessary. Cover this with a clean

ful shortening, 1 egg,  $\frac{1}{2}$  cupful milk, 1 tin salmon ( $1\frac{1}{2}$  cupsful), 4 tablespoonsful milk, 2 tablespoonsful lemon juice, 2 teaspoonsful scraped onion,  $1\frac{1}{2}$  tablespoonsful chopped parsley,  $\frac{1}{2}$  teaspoonful salt. Sift together first 3 ingredients. Add shortening; mix in well with fork. Beat egg slightly in measuring cup; add milk to make  $\frac{3}{4}$  cupful; add to first mixture. Roll out on floured board in sheet 8 inches long and about  $\frac{1}{4}$  inch thick. Mix remaining ingredients; spread evenly on dough. Roll up like jelly roll; bake on baking slide in hot oven about 30 minutes. Serve in slices with hot egg sauce or parsley sauce.



*Hot Cross Buns.*

cloth, and let it once more rise up for  $\frac{1}{2}$  hour. Shape the dough in buns, and lay them apart on buttered baking slides in rows at least 3 inches apart, to rise for  $\frac{1}{2}$  hour. Place a cross on them (this may be done with the back of a knife) and bake in a quick oven from 15 to 20 minutes.

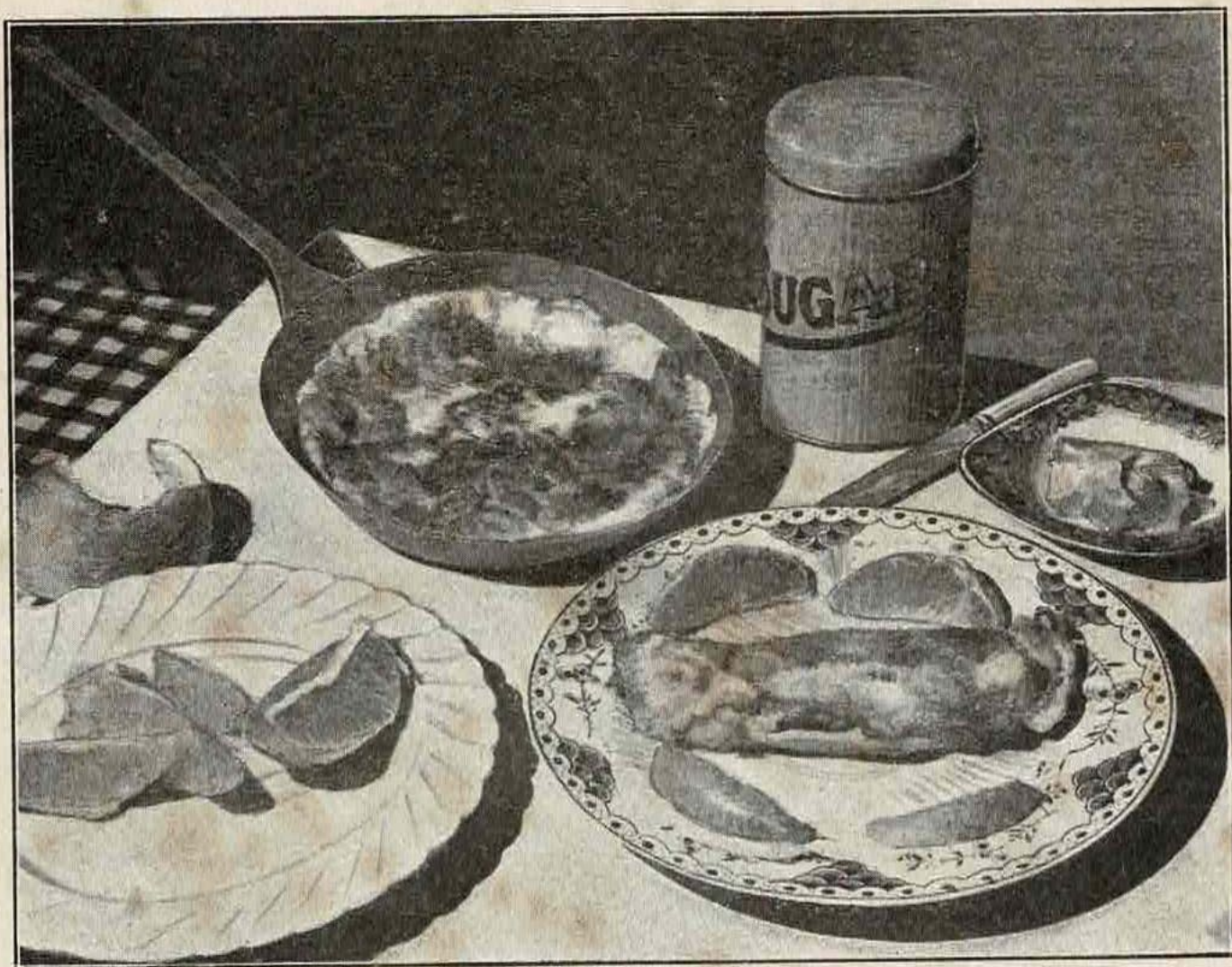
### Easter Roll.

Two cupsful flour, 4 teaspoonsful baking powder,  $\frac{1}{2}$  teaspoonful salt, 4 tablespcons-

### Eggs.

Eggs are a very important article of diet, and on account of the amount of proteid which they contain they can take the place of meat, and thus are a means of adding variety in our diet. Eggs also are rich in fat and mineral salts (lime and iron) and because of these, they form valuable food for children. Eggs frequently fail to appeal because the method of serving lacks variety. These recipes should help to dispense with this obstacle.





### Creamy Omelet.

Four eggs, 4 tablespoonsful milk (or water),  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{2}$  teaspoonful pepper, 1 teaspoonful butter, 2 oranges, some chopped ham. Beat eggs slightly, enough to blend the yolks and whites. Add milk, seasonings and ham. Put butter in hot frying pan; when melted, turn in the mixture. As it cooks, draw the edges toward the centre with a knife until the whole is set. If desired brown underneath, place on a greater heat. Fold and turn on hot dish, and serve with slices of orange.

### Somerset Surprise.

Three hard-boiled eggs, 1 raw egg, piece of cream cheese (size of an egg), bread-crumbs, seasoning, a little flour, fat for frying, 1 lb. cooked peas. Shell the hard-boiled eggs and cut in half lengthwise, remove the yolks carefully. Put yolks in a basin with the cheese and 2 tablespoonsful of bread-crumbs. Season with pepper and salt and pound together. Fill the whites with the mixture, roll in flour, then egg and bread-crumbs and fry in hot fat until golden. Arrange the eggs on the heated peas and serve with mashed potatoes.

### Creamy Omelet.

### Golden Glory.

Three-quarters cupful bread cubes, 4 tablespoonsful butter, 6 eggs, 6 tablespoonsful milk or water,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{2}$  cupful finely grated carrots, 1 tablespoonful minced parsley. Melt butter in large frying pan. Add bread cubes, cut  $\frac{1}{2}$  inch square. Fry briskly, stirring constantly, until cubes are crispy and brown. Remove cubes. Beat eggs slightly. Add milk, salt, carrots and parsley. Stir in browned bread cubes. Melt 1 additional tablespoonful butter in same frying pan. Pour in mixture. Cook slowly until firm. Stir occasionally to prevent sticking. This makes a hearty dinner dish when served with creamed vegetables or fish.

### Poached Egg-Tomato Rarebit.

One lb. tomatoes, 1 teaspoonful salt, 1 teaspoonful soda, dash of pepper,  $\frac{1}{2}$  teaspoonful of paprika,  $\frac{1}{2}$  lb. of grated cheese. Boil all ingredients except the cheese together for  $\frac{1}{2}$  hour. Strain and thicken with 2 tablespoonsful cornflour—mixed till smooth with a little cold water. Add  $\frac{1}{2}$  lb. of grated cheese and stir until smooth. Poach 6 eggs and place on 6 slices of toast. Pour the sauce on to the serving dish around the eggs. Decorate with chopped parsley and paprika.



### Swiss Eggs.

Six eggs, 2 tablespoonsful butter,  $\frac{1}{4}$  cupful cream, salt, pepper, paprika,  $\frac{1}{4}$  cupful grated Swiss cheese. Place butter in frying pan and place over low heat until melted. Add cream and break the eggs one at a time and slip into the frying pan. Sprinkle with salt, pepper and paprika. Cook slowly until the whites begin to get firm. Sprinkle with the grated cheese and continue cooking until well set, and serve on toast with the sauce in pan.

### Jellied Poached Eggs.

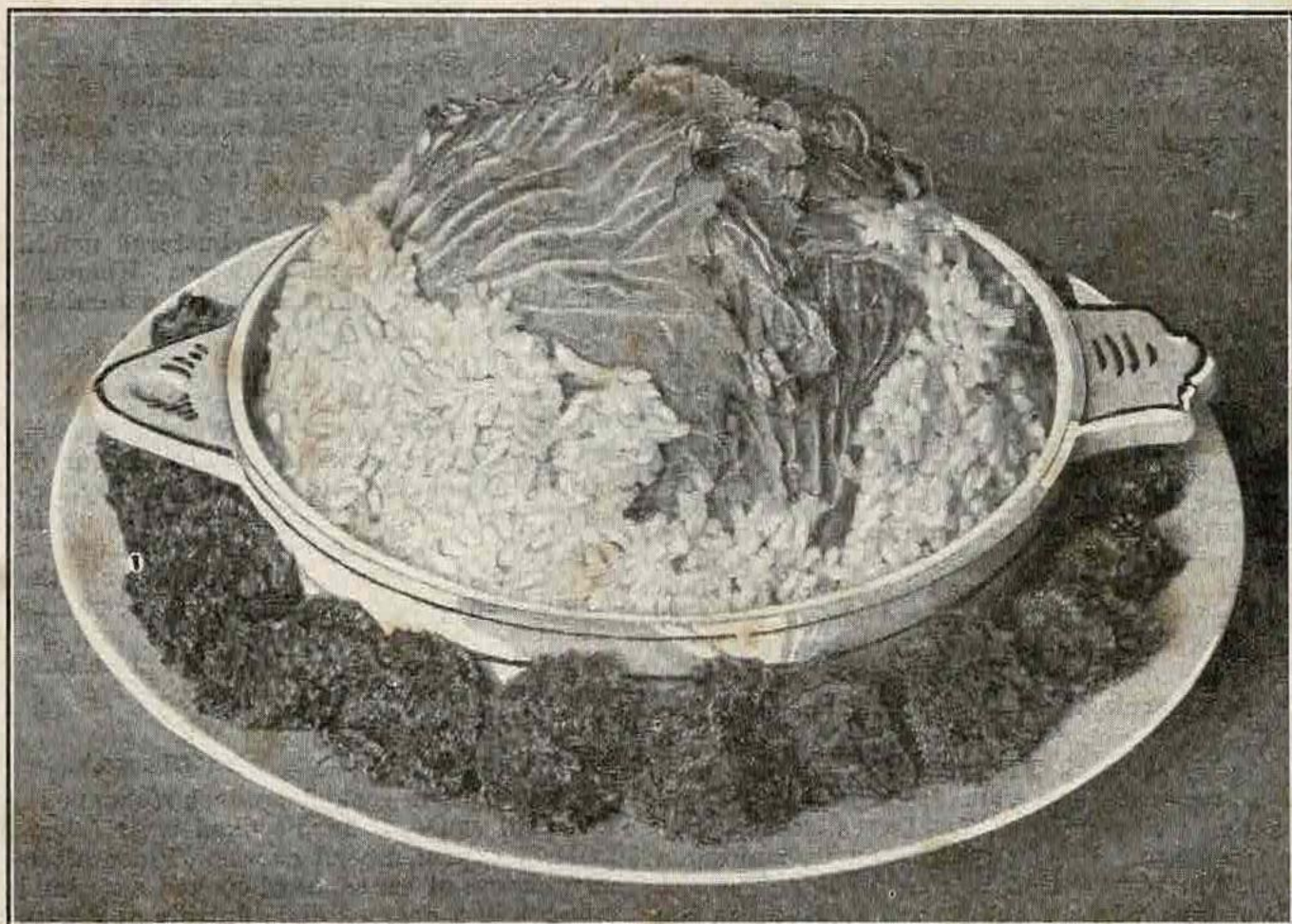
Take 4 eggs, 3 large cucumbers, 2 tablespoonsful gelatine,  $\frac{1}{2}$  cupful cold water, and 2 cupsful chicken broth or stock. Poach eggs hard, do not break, then let them cool. Peel cucumbers, cut into balls or thick slices and stand in French dressing (oil and vinegar) for 1 hour. Make an aspic by softening the gelatine in cold water and dissolve in the boiling stock. Pour a small amount of aspic into a large mould and allow to set. Place poached eggs on the aspic surrounded with cucumber and fill up with rest of aspic. Place in ice chest and allow to set thoroughly. When set, unmould and place on lettuce. Served with mayonnaise.

### Curried Eggs.

These are very appetising and easy to do. Put 1 oz. of butter in a frying pan, add 3 ozs. of finely chopped onion, 3 ozs. of chopped sour apple, and fry. Add a good spoonful of curry powder, using your discretion as to how much, according to whether you like it hot or mild. Fry gently for 5 to 10 minutes, to take the rawness off the curry powder, then stir in  $\frac{1}{2}$  pint of stock, and add a tablespoonful of desiccated coconut, some pepper and salt, a little sweet chutney, and the hard-boiled eggs. Cook for another 10 to 15 minutes and serve. Serve in a border of rice. One egg can be reserved for garnishing if liked.

### Scotch Eggs.

One cupful lean ham, chopped very fine. 6 hardboiled eggs,  $\frac{3}{4}$  cupful stale bread-crumbs,  $\frac{1}{2}$  cupful milk,  $\frac{1}{2}$  teaspoonful mustard, 1 raw egg, pepper to taste, 1 cooked cabbage, cooked rice. Cook breadcrumbs in the milk and rub to a smooth paste. Mix it with the ham, add mustard, cayenne and the raw egg. Mix well. Remove the shells from the eggs and cut into two lengthwise. Cover with the mixture; fry in hot fat 2 minutes, drain and serve as a surround to cooked cabbage and rice.



Scotch Eggs.



**New Scrambled Eggs.**

Scrambled eggs are liked by almost everyone, especially when you are thoughtful enough to add a few flaked anchovies or sardines to the mixture. Serve it on hot toast with hot ripe olives, and have a pot of coffee that is really perfect.

**Sardine Eggs.**

Make a rich cream sauce and to 2 cupsful add  $\frac{1}{2}$  cupful of diced cheese. When it is melted and smooth as ivory, add 3 or 4 sliced hard-cooked eggs and heat them. Season the sauce with salt and pepper. Drain a tin of skinless and boneless sardines and arrange them on toast points. Cover them with the sauce and serve at once.

**Egg Cutlets.**

Melt 1 oz. butter in saucepan, stir in 2 tablespoonsful flour, add gradually 1 cupful milk; stir till it thickens, season with onion juice. Add 3 hard-boiled eggs (coarsely chopped), 2 tablespoonsful spaghetti (cooked), and parsley, season, set to cool. When very cold and set, form into cutlets, and fry a nice brown.

**Egg Pie.**

Fill a small but deep fireproof dish with layers of mashed potato and slices of hard-boiled eggs, allowing 1 egg for each person. Pour over each layer of egg some white sauce, well flavoured with salt and pepper. Finish with a layer of potato. Make very hot, and brown the top of the pie.

**Spanish Shirred Eggs.**

One pint strained tomatoes,  $\frac{1}{2}$  cupful half-cooked tapioca, 1 teaspoonful chopped onion, 1 teaspoonful chopped parsley, 1 teaspoonful salt, paprika to taste,  $\frac{1}{2}$  cupful grated cheese, 4 eggs. Heat the strained tomatoes in a double boiler. Add the other ingredients except the eggs and cheese and cook for 15 minutes, stirring frequently. Butter a shallow baking-dish. Pour in the tapioca mixture. Make 4 slight depressions in the sauce, and break an egg into each. Sprinkle the grated cheese all over the top. Bake in a moderate oven until the eggs have set. Garnish with parsley before serving.

**Fluffy Nest.**

Separate egg yolk from white. Whisk the white until stiff. Put slice of toast on plate. Pile egg white on it, making a slight indentation in the middle. Put nut of butter in the hollow and then slip in the egg yolk. Put another dot of butter on top, sprinkle with pepper and salt, and bake in moderate oven until yolk is set.

**Fried Eggs on Sausage Cakes.**

Five eggs,  $\frac{1}{4}$  lb. pork sausages, 8 bacon rashers, white or browned breadcrumbs, frying fat, parsley. Skin the sausages and divide the sausage meat into four portions, and form into flat cakes on a floured board. Use one of the eggs to coat the meat cakes; then toss them in the breadcrumbs. Shake well to remove loose crumbs, and reshape if necessary. Remove the rind from the bacon and roll up each rasher, put them on one or two skewers; either grill on the hot plate, or place in a dish in a hot oven until the rashers are cooked. Heat the dripping in a frying pan and cook the meat cakes until done. Lift on to a hot dish, and place on each one a fried egg. Garnish with the bacon rolls and parsley. Serve immediately.

**Coral Eggs.**

This is a delicious new dish for those who do not like fish. Take 1 cupful of stewed tomatoes, 2 eggs, 1 teaspoonful each of salt, chopped parsley, and grated onion, and a dash of pepper. Put the tomatoes into a saucepan with the seasonings, beat the eggs, pour over the tomatoes. Stir lightly with a fork until cooked. Serve with potato chips or toast.

**Swiss Ring Mould.**

Cook 1 chopped onion, 1 chopped green pepper in 2 tablespoonsful butter for 5 minutes. Add  $1\frac{1}{2}$  cupsful tomatoes and  $3\frac{1}{2}$  cupsful cooked rice. Cook slowly until rice has absorbed liquid. Add  $1\frac{1}{2}$  cupsful grated Swiss cheese and seasonings. Mix until cheese is melted. Pack in buttered mould and keep hot. Scramble 6 eggs. Unmould ring on dish, fill the centre with scrambled eggs.

**Eggs Pilau.**

Two cupsful rice, 4 cupsful chicken soup, 6 eggs,  $1\frac{1}{2}$  teaspoonsful salt,  $\frac{1}{2}$  cupful of butter, pepper to taste. Wash and dry rice and place with salt and chicken soup in saucepan. Cover tightly and cook over a low flame. The rice will absorb all the liquid and should be cooked in about 20 minutes. Add the butter, pepper, and the slightly beaten eggs. Beat for 1 minute and serve at once.

**Spinach and Eggs with Cheese.**

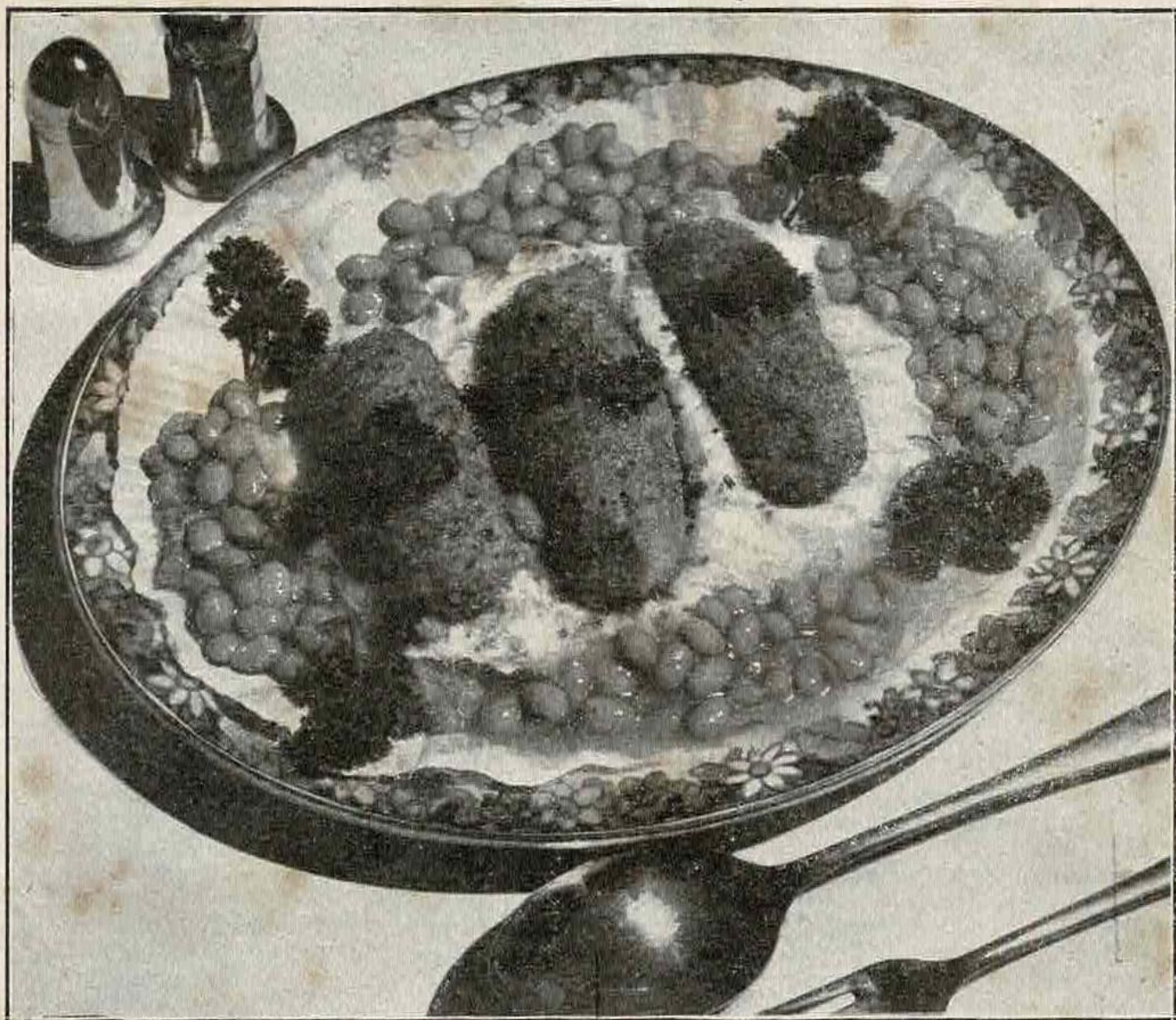
Two cupsful cooked spinach (chopped), 1 cupful sauce, 3 hard-cooked eggs (chopped),  $\frac{1}{2}$  cupful grated cheese. Place alternate layers of sauce, hard-cooked eggs, and spinach in a greased dish, finishing off with spinach. Top with the grated cheese and bake in a moderate oven until cheese is melted.



**Rissoles Baked with Beans.**

Make some rissoles with any fresh minced steak and roll in breadcrumbs, place on baking dish with already mashed potatoes, and all round put baked beans. Bake in a slow, hot oven for 20 minutes. Serve hot with sauce.

over low heat. Add the salt and water to the eggs and beat with rotary beater until foamy but not stiff. Turn eggs quickly into hot shortening. There should be plenty of shortening to keep the omelet loose on the frying pan. Cook slowly for at least 10 minutes. Heat asparagus, drain



*Rissoles Baked with Beans.*

**Egg Drops.**

Two hard-cooked egg yolks, 1 raw egg yolk, 1 teaspoonful shortening, salt, cayenne and mace to taste. Sieve the egg yolks, blend with other ingredients, form in tiny balls, roll in flour and cook in the consomme.

**Asparagus Omelet.**

One tin asparagus tips, 1 cupful medium white sauce,  $\frac{1}{4}$  cupful shortening, 8 eggs,  $\frac{1}{2}$  teaspoonful salt, 2 tablespoonsful cold water. Place the shortening in frying pan

off juice, and when omelet is cooked through, arrange half the asparagus on top of the omelet. Use a wide spatula and fold the omelet over. Garnish the plate with the remaining asparagus and cream sauce.

**Cuban Eggs.**

In a skillet, place 1 cupful sausage and 2 teaspoonsful finely-chopped onion. Fry for 5 minutes and add 4 tablespoonsful tomato ketchup. Add 6 eggs, beaten well and seasoned with  $\frac{1}{2}$  teaspoonful salt and a dash of pepper. Stir gently until cooked and serve on buttered toast.



**Curried Fish Pudding.**

Six tablespoonsful cooked white fish, 1 tablespoonful butter, 2 tablespoonsful milk, 4 tablespoonsful cooked potatoes, 1 dessert-spoonful curry powder, 1 egg, salt to taste. Melt the butter in a saucepan. Add curry powder, and fry for a few minutes. Put in fish, free from skin and bone, and mashed potatoes, then milk. Stir over the fire till very hot, then season to taste and add well-beaten egg. Pack into a well-buttered fire-proof dish. Bake  $\frac{1}{2}$  hour. Serve turned out, masked with egg or curry sauce.

**Fish Pie.**

One lb. cooked mashed potatoes, 1 cupful white sauce, 1 egg yolk,  $\frac{1}{2}$  oz. butter, little milk and nutmeg, 2 ozs. grated cheese,  $\frac{1}{2}$  lb. cooked or smoked fish, salt, pepper, and mustard. Heat the potatoes in a saucepan with milk to moisten. Stir in half the cheese and the egg yolk. Season to taste with salt, pepper and mustard, then line a greased fireproof dish with two-thirds of the mixture. Fill the centre with fish mixed with the sauce, and season with nutmeg. Cover with remainder of the potato, sprinkle with cheese, and dab with butter. Bake for  $\frac{1}{2}$  hour.

**Salmon Rounds Piquant.**

Cover a baking dish with thick slices of tomato, sprinkle with salt. On each slice pile flaked tinned salmon (1 lb.) seasoned with salt, pepper and lemon juice. Heat 4 tablespoonsful butter and 4 tablespoonsful flour together. Add  $1\frac{1}{2}$  cupsful milk and 1 teaspoonful salt and stir until thick and smooth. Add 1 cupful sharp cheese cut into small pieces and stir until melted. Pour over salmon, top with bacon strip, and bake in hot oven until sauce is browned—about 15 minutes. For a well-balanced meal serve with fresh buttered peas, hot spoon bread and fresh fruit.

**Deviled Crabs.**

Pick all the particles of shell from 1 quart of crab flakes. Add to it 1 teaspoonful of salt,  $\frac{1}{4}$  teaspoonful of tabasco sauce, 1 teaspoonful of Worcestershire sauce, 1 tablespoonful of butter and  $1\frac{1}{2}$  cupsful of thick cream sauce. Mix all together and put into the shells. Then beat 2 eggs and spread over the surface of the filling, particularly over the part where the meat and shells come together, to prevent fat soaking into the filling. Finally, dust carefully with buttered breadcrumbs. Put them 2 or 3 at a time, into a frying basket in deep, hot fat for about 1 minute, or until a golden brown colour.

**Fish Shells.**

One and a half ozs. butter, 1 pint milk,  $1\frac{1}{2}$  lb. flaked cooked fish,  $1\frac{1}{2}$  ozs. flour, 1 egg yolk, Gruyere cheese. Skin and bone fish. Butter scallop shells or ramekins. Melt butter. Add flour, then thin down with milk. Season to taste, stirring quickly to prevent lumping, until sauce boils, then remove at once from fire. Thicken with beaten egg yolk. Put a little at bottom of each shell or ramekin. Fill three parts full with flaked fish, then cover with sauce. Smooth with a knife and sprinkle with cheese. Bake for about 7 minutes in a hot oven. If you want to vary the mixture, add a tablespoonful of chopped mushrooms, 4 minced olives,  $1\frac{1}{2}$  tablespoonsful cooked peas, or a chopped hard-boiled egg to the sauce.

**Fillets of Sole Florentine.**

One large sole, 1 glassful water, 1 small cupful cheese sauce, pepper and salt, 4 tablespoonsful spinach,  $1\frac{1}{2}$  tablespoonsful grated cheese. Fillet sole, then fold fillets in two and place them in a small buttered tin. Season them with salt and pepper. Add the water. Cover, and cook in the oven for about 20 minutes—until cooked right through. Drain well, then place in a hot fireproof dish, lined with cooked, buttered spinach. Pour sauce over, sprinkle with grated cheese, and bake in the oven till golden brown.

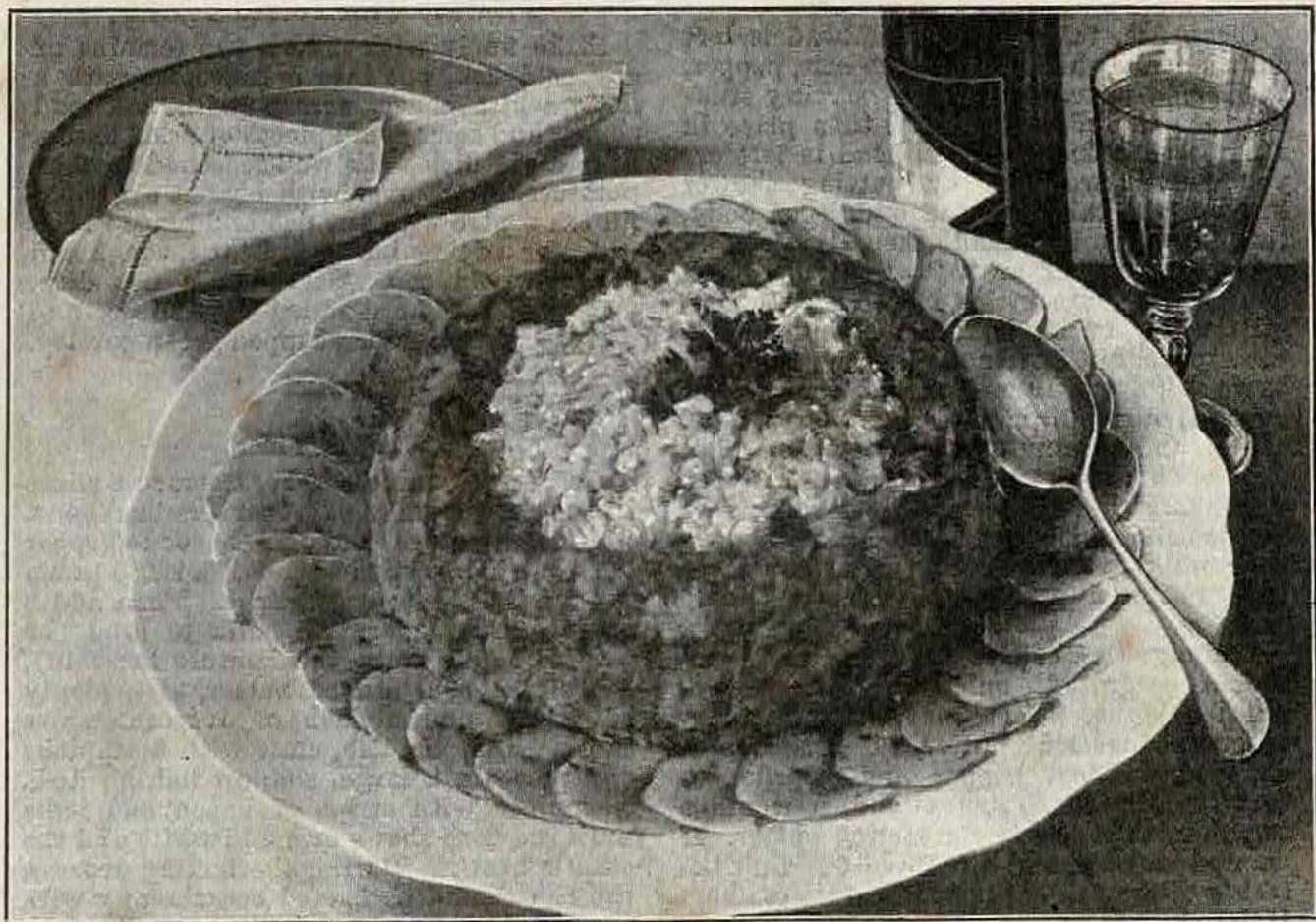
**Cheese Sauce.**

One cupful thin cream or white sauce, grated cheese, 1 egg yolk, 1 oz. butter, pepper and salt. Beat the egg yolk. Pour it into a double boiler. Heat slowly and stir into it the cream or white sauce, a little at a time. Cook for 1 minute after mixing well, then add 1 tablespoonful grated cheese, butter, pepper and salt, and mix well. If liked,  $\frac{1}{4}$  or  $\frac{1}{2}$  teaspoonful of made mustard can be added to the egg yolk.

**Salmon Circle-loaf.**

Flake 2 cupsful (1 lb.) of tinned salmon. Remove bones. Combine with  $1\frac{1}{2}$  cupsful cooked tomatoes,  $1\frac{1}{2}$  cupsful stale breadcrumbs, 2 tablespoonsful melted butter and 1 egg well beaten, 1 tablespoonful lemon juice, 1 teaspoonful salt,  $\frac{1}{4}$  teaspoonful pepper. Mix lightly. Pour into well-greased circular mould. Bake in hot oven about 20 minutes. Turn out on a round platter, fill centre with buttered peas and surround with tiny whole buttered beets. Serve with Hollandaise sauce. Salmon heated in white parsley sauce is a very quick dish when time is short, and real tasty, too.



*Salmon Circle.***Salmon Circle.**

Two cupsful salmon, 2 eggs,  $\frac{1}{2}$  cupful fine breadcrumbs, 4 tablespoonsful butter, salt and pepper, minced parsley. Flake the fish, add the eggs beaten lightly, the melted butter, the breadcrumbs, salt, pepper and minced parsley. Put into a greased ring mould, and steam for an hour. When cold, arrange on a dish and garnish with slices of lemon, cucumber and parsley, and fill centre with cooked rice.

**Salmon Delmonico (in Rice Ring).**

Make a white sauce of 4 tablespoonsful each butter and flour and 2 cupsful milk. Season with salt and pepper. Add slightly beaten yolk of 1 egg and 1 tablespoonful lemon juice. Break contents of 1 lb. tin of salmon into large pieces and add it with one 4 oz. tin sliced mushrooms to sauce (1 cupful fresh sliced mushrooms lightly browned in butter may be substituted.) For ring: combine 4 cupsful hot boiled rice (1 cupful dry rice),  $\frac{1}{2}$  cupful minced green pepper,  $\frac{1}{2}$  cupful minced parsley and  $\frac{1}{2}$  cupful melted butter. Press into greased ring mould and heat in hot oven about 10 minutes. Unmould ring, fill with hot Salmon Delmonico and garnish with parsley and hot pickled peach halves filled with currant jelly.

**Salmon Loaf with Baked Cucumber Cups.**

Drain 2 cupsful salmon; remove skin and bones. Pour 1 cupful medium thick white sauce slowly over 2 well-beaten eggs, stirring constantly. Combine with salmon. Add 1 tablespoonful lemon juice,  $\frac{1}{2}$  teaspoonful salt, few grains pepper, 1 teaspoonful Worcestershire sauce. Fold in 2 cupsful soft breadcrumbs. Grease small loaf tin, arrange sliced olives and pimento on bottom and sides. Put in half salmon mixture. Arrange hard-cooked eggs, end to end, lengthwise of loaf. Cover with remaining salmon. Bake in moderate oven about 45 minutes. Bake stuffed cucumber cups at same time in dish with a little water (or stock).

**Mariner's Salad.**

Soak 2 tablespoonsful gelatine in  $\frac{1}{2}$  cupful cold water 5 minutes; dissolve in  $\frac{1}{2}$  cupful boiling bouillon. Add 2 cupsful cold bouillon, 2 tablespoonsful lemon juice, 1 teaspoonful salt, paprika, cayenne to taste. Chill. When mixture begins to stiffen add 2 cupsful (1 lb.) flaked tinned salmon, 1 cupful diced celery, 4 tablespoonsful stuffed olives (chopped). Turn into fish-shaped mould. Serve garnished with eggs and with stuffed tomatoes.



**Baked Fish.**

Clean fish, take out eyes if head is left on, wipe, and rub all over with salt, pepper, and lemon juice. Fill with a savoury stuffing, sew the edges together, then place in a buttered baking tin. If head is left on, you can skewer fish by putting skewer through the tail, into the middle of body, then through the head, then draw it up into the shape of an "s." Dredge it with flour, cover with strips of bacon, pour 1½ gills water or stock into tin, and add 2 tablespoonsful butter or bacon fat, and baste fish every 10 minutes. Bake in a hot oven, allowing 10 minutes for every pound of fish, and 10 minutes extra. Serve on a hot dish with a fish sauce and garnish with parsley. Fish can be baked in a simpler fashion like this: Place in a buttered dish, pour milk around, season to taste, cover with buttered paper, and bake 20 to 30 minutes.

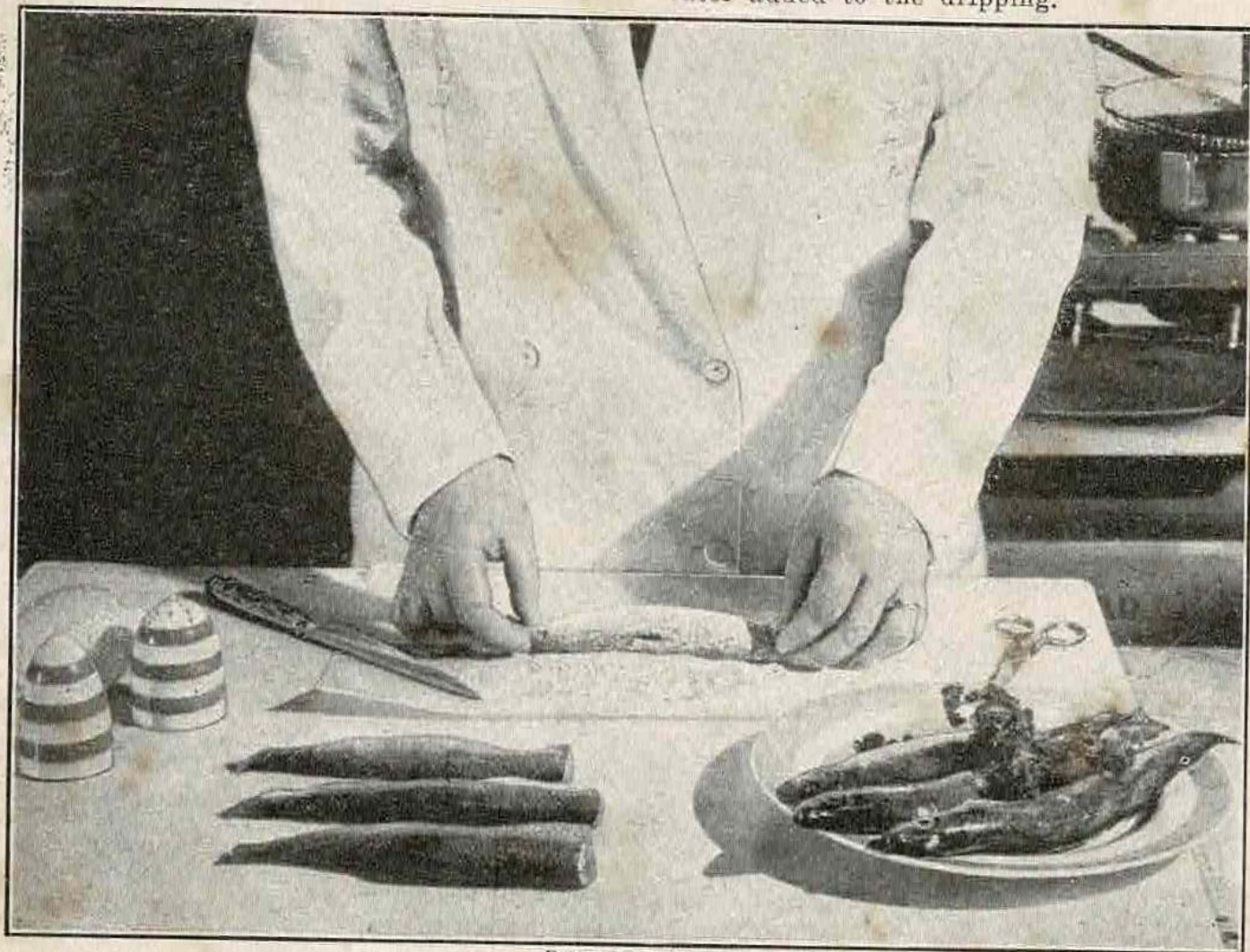
Stuffing: One cupful breadcrumbs, 1 teaspoonful grated onion, ½ teaspoonful crushed herbs, ¼ teaspoonful salt, 2 tablespoonsful melted butter, 1 teaspoonful chopped parsley, pepper and paprika to taste. Mix the crumbs and seasonings together, then stir in the melted butter. If wanted moister, add a little milk. Rub the inside of the fish with garlic before stuffing, if liked.

**Fish Pie with Potato Crust.**

Flake finely with a fork the remains of any cold fish, put into a saucepan with a little white sauce, season with salt and pepper and some small pieces of fried bacon. Line a pie dish with well-seasoned mashed potatoes, brush over with beaten egg yolk, fill the centre with the fish and place in the oven for a few minutes to heat through and to brown on top. Serve on a hot dish. Garnish with hard-boiled egg slices, and sprinkle over a little chopped green parsley.

**Stuffed Fish.**

Clean and bone the fish. Remove 2 slices of the flesh from inside near the backbone. Put these slices through a food-chopper with one hard-boiled egg, half a small green pepper, half a head of garlic. Then add 2 cupsful of breadcrumbs, milk to bind (be careful not to make the mixture too thin), 1 tablespoonful melted butter, salt, plenty of pepper and a dash of Worcestershire sauce. Stuff the fish, close with toothpicks and place in a large, shallow baking dish. Then lace with strips of bacon and bake until the flesh shows firm and white and the skin is brown. During the baking process, the fish should be basted occasionally with water added to the dripping.

*Baked Fish.*



**Magic Salmon Mould.**

Bone and flake 2 cupsful (1 lb.) tinned salmon. Place salmon in bottom of mould. Dissolve 2 packages of lime gelatine in  $1\frac{1}{2}$  cupsful boiling water, add  $1\frac{1}{2}$  cupsful cold water,  $\frac{1}{2}$  cupful mild vinegar, 3 tablespoonsful lemon juice and 1 teaspoonful salt. Pour half of warm gelatine over salmon, chill. When salmon is set, fill mould with alternating layers of finely-shredded cabbage (2 cupsful) and sliced hard-cooked eggs (3). Pour over this the remaining gelatine, chill until set. Unmould on crisp salad greens and garnish with lettuce cups filled with mayonnaise or any sharp dressing, tomato and slices of hard-cooked eggs.

**Oyster Rarebit.**

Two tablespoonsful butter or margarine, 1 cupful grated cheese,  $1\frac{1}{2}$  oz. Gruyere cheese, grated or cut fine,  $1\frac{1}{2}$  dozen oysters, 4 egg yolks, slightly beaten, 1 tablespoonsful Worcestershire sauce, salt and pepper. Melt butter or margarine in top of double boiler. Grate cheese on a coarse grater. The Gruyere cheese is added for flavour but may be omitted, if desired. Put in double boiler with the butter or margarine. Stir frequently. Do not allow the water in double boiler to boil, as high heat curdles the cheese. Heat oysters over low heat until the edges curl. Strain the liquid. When the cheese is just melted, add the oyster liquid and mix well. Stir quickly into the slightly beaten yolks. This must be quickly done to prevent curdling. Return to the double boiler. Add oysters, Worcestershire and salt and pepper. Stir constantly until thickened. Serve in patty shells, on toast, or in bread croutades cut out with star cutters, the centres scooped out, and then fried in deep fat or toasted in a hot oven.

**Salmon Roll Sublime.**

Sift 2 cupsful flour with 4 teaspoonsful baking powder and  $\frac{1}{2}$  teaspoonful salt. Blend with 4 tablespoonsful butter. Stir in  $\frac{3}{4}$  to 1 cupful milk. Knead lightly on well-floured board. Roll in sheet two-thirds as wide as long. Combine 2 cupsful (1 lb.) flaked salmon, 1 cupful medium white sauce and 1 egg slightly beaten. Spread on dough. Roll as jelly roll. Brush with milk or melted butter. Bake in hot oven about 30 minutes. Serve hot with a stuffed olive sauce ( $\frac{1}{2}$  cupful sliced, stuffed olives in 1 cupful highly seasoned cream sauce).

**Fish a la King.**

Two cupsful flaked fish, 1 dessertspoonful butter, 1 dessertspoonful flour, about  $\frac{1}{2}$  pint milk or fish stock, 2 tablespoonsful minced pimento, 1 hard boiled egg, a pinch

of paprika, and salt to taste. Melt the butter in a saucepan, add the flour, and stir until blended. Add the liquid, stir until boiling and cook five minutes. Stir in the prepared fish, pimento, and egg coarsely chopped, add seasoning and heat all thoroughly. Serve on toast, or garnish with fried croutons.

**Stuffed Salmon Croquettes.**

Combine 2 cupsful tinned salmon with 2 cupsful thick well-seasoned white sauce; press mixture around 6 hard-cooked eggs. Roll in crumbs, dip in egg, then in crumbs. Fry in deep fat. Serve cut in halves.

**Salmon Timbales.**

Bone and flake 1 tin (1 lb.) of salmon. Mix with 1 cupful soft breadcrumbs,  $\frac{1}{2}$  cupful milk, 2 tablespoonsful melted butter, 1 tablespoonful chopped onion, 2 beaten eggs, seasonings. Bake in buttered custard cups about 30 minutes in a moderate oven. Unmould and serve hot with this sauce: melt one packet of tasty cheese in top of double boiler with  $\frac{1}{2}$  cupful milk, stirring until sauce is smooth. Garnish with mashed potatoes made into rosettes with pastry tube, browned in oven and topped with peas.

**Salmon Pie.**

Three tablespoonsful shortening, 3 tablespoonsful flour,  $\frac{1}{2}$  cupful milk, 1 tin chicken soup,  $\frac{1}{2}$  teaspoonful Worcestershire sauce, dash pepper and paprika,  $\frac{1}{2}$  teaspoonful salt, 1 tin salmon ( $\frac{1}{2}$  lb.),  $1\frac{1}{2}$  cupsful diced cooked potato, 3 hard-cooked eggs, chopped biscuits. Melt the shortening, add the flour, blend well and add milk and chicken soup. Stir till sauce boils and add seasonings. Separate salmon and remove bones and skin. Place in casserole, add potato and sliced eggs. Pour the sauce over these ingredients and top with the biscuits. Use prepared biscuit flour or baking powder biscuit dough. Roll  $\frac{1}{4}$  inch thick and cut in rounds. Bake in hot oven till biscuits are brown.

**Different Sausages.**

One tin salmon, 1 cupful cooked mashed potatoes,  $\frac{1}{2}$  cupful fine breadcrumbs, 1 egg, 2 tablespoonsful minced cucumber, pepper and salt. Strain the liquor from the salmon and mash the salmon with a fork. Mix all in a bowl together and form into little sausages. Dip each sausage in flour or egg and breadcrumbs and fry in deep fat to a golden brown. Make some white sauce and when it is almost cooked stir in the liquor from the salmon. Serve with hot peas.



### Cheese Fritters.

Take 1 pint water, 3 ozs. flour, 1 oz. butter, 2 eggs, 2 ozs. grated cheese, 2 ozs. cooked ham, salt and pepper. Put into the saucepan water, butter, salt, and pepper, and, directly it boils, add the flour, stirring briskly with a wooden spoon till smooth, for about 5 minutes. Let the mixture cool, then add the cheese, ham (finely chopped), and well-beaten eggs, stirring well. Drop a tablespoonful of the mixture at a time into boiling fat, turn the fritters frequently until they become twice their original size. When golden brown, drain them and serve very hot. These are very nice for supper.

### Cheese Omelette.

Separate the yolks from the whites of four eggs. Beat the yolks, add pepper, salt, and a pinch of cayenne. Mix with the yolks about an ounce of grated cheese. Cut an ounce of cheese (preferably Gruyere) into very small dice or thin shavings. Mix the whites with the yolks and cheese lightly. When about to roll over the omelette, lay the cheese dice in the centre. Fold over and put under the grill for a minute or two. Turn out and serve at once.

### Asparagus Custard.

One tin asparagus tips, 4 eggs,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{4}$  teaspoonful pepper,  $\frac{3}{4}$  cupful milk,  $\frac{1}{2}$  cupful breadcrumbs. Drain the asparagus tips and arrange them in a layer in a shallow greased baking dish. Beat the eggs until light, add the salt, pepper, milk, and breadcrumbs, and pour over the asparagus. Sprinkle a layer of crumbs over the top and dot with small pieces of butter. Set in a dish of hot water and bake in a moderate oven until the custard is firm and the crumbs are brown.

### "Spaghetti Aquì."

Half lb. spaghetti (long or elbow), 2 eggs,  $\frac{1}{2}$  cupful well buttered breadcrumbs, 1 cupful cooked diced carrots, 1 cupful cottage cheese,  $\frac{3}{4}$  cupful top milk, 2 tablespoonsful minced parsley or green pepper, 1 teaspoonful salt, 2 tablespoonsful grated onion, 2 tablespoonsful minced pimento. Cook spaghetti until tender, then drain. Add remaining ingredients in the order given. Press into well-greased loaf tin. Bake in moderate oven for 45 minutes. Unmould on to serving platter. Garnish, and serve with finely chopped pecans, almonds and walnuts mixed, as a sprinkle.

### Macaroni a la Romain.

Half lb. Macaroni, 4 oz. grated cheese,  $\frac{1}{2}$  pint tomato pulp, 1 oz. butter, salt, pepper, powdered mace. Break the macaroni into two-inch lengths. Put these into a saucepan with plenty of rapidly-boiling

salted water. The bubbling water will keep pieces in movement and prevent them sticking, but, all the same, stir them now and then. Boil till tender, probably about 30 to 45 minutes. Strain off the water, and save it for stock for preparing soups, sauces, etc. Add to the macaroni in the saucepan the sieved tomato pulp, add a little salt, pepper, and a tiny pinch of the mace—also sugar if the tomatoes are very acid. Cover, and stew until the macaroni has absorbed sufficient tomato pulp to render the mixture thick and creamy. Add two-thirds of the cheese and butter, and turn into a greased fireproof dish or a pie-dish. Shake the remaining cheese over the surface, and dot here and there small bits of butter. Bake till the cheese on the top is nicely browned, and serve with whole-meal bread-and-butter. If more convenient, add all the cheese and butter to the mixture, and serve it without baking.

### Baked Macaroni with Mushrooms.

Two cupfuls macaroni, broken in 2-inch pieces, 1 tin tomato soup,  $\frac{3}{4}$  cupful water, 2 tablespoonsful butter, 2 tablespoonsful flour,  $\frac{1}{4}$  teaspoonful salt,  $\frac{1}{4}$  teaspoonful white pepper,  $\frac{1}{2}$  teaspoonful red pepper, 1 teaspoonful Worcestershire sauce, 2 cupsful grated cheese, 18 mushrooms, sliced. Cook the macaroni in boiling salted water till tender; blanch in cold water and drain. Make a sauce of the tomato soup, water, butter, flour, and seasoning. Add  $1\frac{1}{2}$  cupsful of the grated cheese and cook slowly until cheese is melted. In the bottom of a buttered baking-dish put half the cooked macaroni; cover it with half the tomato sauce. Put all the mushrooms on top of the sauce. Cover this with the remainder of the macaroni, then the rest of the tomato sauce, and sprinkle the remaining  $\frac{1}{2}$  cupful of the grated cheese on top. Bake in a fairly hot oven (400 degrees F.) until the top is brown.

### Vegetable Salad.

Here is a suggestion for using up left-over vegetables such as peas, carrots, and cucumber. Dissolve  $\frac{3}{4}$ -oz. of powdered gelatine in  $\frac{1}{2}$  cup of hot water. Add  $\frac{1}{2}$  breakfastcupful of vinegar, 2 breakfastcupful hot water,  $\frac{1}{2}$  breakfastcupful sugar, and 1 teaspoonful of salt.

Strain and when liquid begins to thicken rinse out your mould with cold water and then with jelly liquid, as in the beetroot mould. Peas and carrots make a very attractive dish and if you have only a few left-over vegetables these can be supplemented by sliced hard-boiled eggs. This mould can be served with cold chicken and ham.